

## Eifel Wakeup

Monday-Friday from 6-9 a.m.

Featuring local news, road condition updates and info Team Eifel members need to know

### News Briefs

#### A letter from the commissioner

*Dear American fellow citizens and friends,*

Due to the difficult situation for those American families who have family members deployed to the Gulf area, I personally would like to assure you of my solidarity and the one of Mrs. Lasch-Weber, county commissioner of Bernkastel-Wittich area, as well as the solidarity of all city and community mayors in our area.

We know that you worry every day about your loved ones and that you are longing for their safe return. We also hope that the difficult times you are going through will come to a good end as soon as possible.

However, we do not only want to assure you of our solidarity, but would like to offer our help and assistance if needed for everything from language barriers to housing issues.

The point of contact for the Bitburg-Pruem county administration for these cases is Ms. Rudert. She can be reached by cell at 01609-5155361.

*Sincerely yours,*

Roger Graef, Bitburg-Pruem county commissioner

#### Air Force level transportation winners

The 52nd Logistics Readiness Squadron's Traffic Management flight won Best Air Force Traffic Management Unit for 2002 and the 52nd LRS Vehicle Maintenance Flight won Best Air Force Vehicle Maintenance Unit for 2002. Among other contributions, the flight supported two 81st Fighter Squadron weapons training deployments in Malacky and Slovakia, maintaining 40 vehicles at a 100 percent in-commission rate for 45 days.

#### Promotion fitness guides arrive in May

The 2003 Promotion Fitness Examination study guides are expected at Air Force locations worldwide in May. The guides become effective July 1. The new study guides have a CD-ROM with an electronic version of the study guide included with each volume.

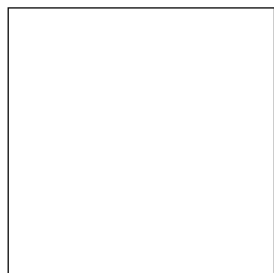
#### Heat turn off policy

In accordance with base policy, starting Saturday 52nd Civil Engineer Squadron members began tracking daily temperatures. Once the average temperature exceeds 55-degrees Fahrenheit for five consecutive days, squadron officials recommend the shut down process to wing leadership.

The process starts by turning off heat to offices and industrial facilities followed by military and government-leased housing, dormitories, lodging and schools. For more information, call Senior Master Sgt. Frazier Speaks at 452-6960.

## Big plans

Wing officials slate Installation Excellence funds to make Team Eifel's quality-of-life improvements "wish list" come true.



*Read, "Wing Officials Announce IEA Spending Plan," on Page 4*

# Eifel Times

Vol. 37, Issue 16

Spangdahlem Air Base, Germany

May 2, 2003

#### 'Newt' kids on the block

First grade students peer into a terrarium as they learn about amphibians, particularly the endangered newt. The display was part of an environmental fair that took place at Spangdahlem Elementary School April 25. Students handled the newts and visited numerous exhibits containing a variety of wildlife.

*Airman Heather Forrest*

## Spang set to augment base security with databased gate access system

Projected plan has wing member registration complete within four months

By Staff Sgt. Elaine Aviles  
52nd Fighter Wing Public Affairs Office

Base officials are joining leaders from U.S. Air Forces in Europe and U.S. Army in Europe to enhance base security with the installation of a new gate access system.

First developed in 2001, the Installation Access Control System restricts access by requiring people to register in a database before gaining entry to the base.

While IACS is already up and running at several Army posts, "the eventual goal is to bring all of USAFE online," said Army Maj. Joel Johnson, IACS project manager from the USAREUR provost marshal's office.

The projected implementation of IACS begins with Spangdahlem Air Base, the first Air Force installation to test out the new system.

Installation of IACS is a two-step process: registration and installation.

The registration phase is scheduled to start at Spangdahlem AB May 19 and runs through September.

"We have four months to register everyone on base," said Tech. Sgt. Anthony Erskine, 52nd Fighter Wing Pass and Registration NCOIC. "It's about a five-to-10-minute process, and is mandatory."

Both Department of Defense cardholders and installation pass holders are required to register.

"To register, people need to bring their DOD ID card or installation pass," said Tech. Sgt. Erskine. "We'll enter the material and take a fingerprint, if there isn't one on record.

For those with an installation pass, we'll simply transfer the pass and expiration date over."

People also need to register all vehicles without a USAREUR license plate.

Once registered, the system generates a standardized installation pass to all non-DOD cardholders. Those with a DOD ID need only their card to enter.

"I've seen people with up to seven installation passes at

one time," Maj. Johnson said. "IACS prevents that from happening by issuing everyone the same pass. Since the person is in a database, people can only get one pass at a time."

At Spangdahlem AB, people can register at the pass bureau, pass and registration in Building 128 or at the military personnel flight. On Bitburg, people can register in Building 2011 on the third floor.

Once the four-month registration window is closed, the gates will begin their conversion process to IACS.

"We're hoping to have a gate up and running by July," Maj. Johnson said.

At that time, gate guards will begin scanning ID cards, both old and new, and IACS-generated passes with a bar-code scanner.

"Data retrieval should take about three seconds," Maj. Johnson said. "We definitely don't want to exacerbate the traffic situation."

### IACS registration

Installation Access Control System registration begins May 19 and runs through September. People can register at:

*Spangdahlem Air Base:*

- Pass bureau
- Pass and registration (building 128)
- Military personnel flight

*Bitburg Annex:*

- Security forces building 2011, on the third floor

See IACS, Page 2

# Air Force evens out enlisted personnel with voluntary NCO retraining program

## Career field shortages result in involuntary movement from specialties

**WASHINGTON (AFP)** — The Air Force recently began the voluntary phase of its fiscal 2003 and 2004 noncommissioned officer retraining programs.

The program is designed to help the Air Force balance its enlisted force by moving NCOs in specialties with surpluses to those with shortages, personnel officials said. It consists of two phases — voluntary and involuntary.

“We begin this program with the clear recognition that people are our most valuable resource,” said Chief Master Sgt. of the Air Force Gerald R. Murray. “Retraining will allow us to alleviate stress from those airmen in undermanned specialties, while still giving our people options and choices in the process.”

The voluntary phase of the program is scheduled to run through June 6. The involuntary phase, if needed, is scheduled to run June 20 through Aug. 15.

“A lot of people have called because they think the involuntary phase is starting right away,” said Airman 1st Class Tanna Quinn, 52nd Fighter Wing Military Personnel Flight personnel deployments. “That phase will only go into effect if required.”

While every effort is made to attract volunteers, some airmen may be selected for involuntary retraining if the number of volunteers falls short, officials said.

“Airmen in eligible career fields should look to their supervisors and leadership to help them make informed choices,” Chief Murray said.

This year, officials seek to move approximately 1,400 midlevel NCOs into shortage specialties. The fiscal 2004 program will target approximately 2,000 to 2,500.

The imbalances in the midlevel NCO grades have occurred because of personnel force structure changes, differing retention trends among specialties and the equality of promotions across all skills, officials said.

The retraining program seeks to carefully balance member expectations with the needs of the Air Force, officials said.

“Ultimately, we need to balance our enlisted force to better meet today’s mission requirements and those in the future,” Chief Murray said. “The retraining program will help us do that.”

Several new features have been added to the program this year to make implementation smoother.

The selection criterion is no longer based solely upon seniority. Selections are now made across all eligible year groups mirroring assignment eligibility.

For example, once all ineligible NCOs have been removed from consideration, everyone left will be sorted by the date they arrived on station. Those with the most time will appear at the top of the list for involuntary retraining.

Wing commanders may recommend assignment curtailments of up to six months, except at remote tour locations or those requiring 100-percent manning.

The total active federal military service date requirement was extended by six months to increase the pool of eligible NCOs. In addition, military personnel flights will provide local commanders, first sergeants, career assistance advisers and supervisors with a comprehensive briefing regarding the program, officials said.

Vulnerability listings by grade and Air Force specialty code will be updated weekly.

Airmen “at risk” for involuntary retraining may access their relative standing on the Air Force Personnel Center’s Web site at <https://www.afpc.randolph.af.mil/enlskills/Retraining/-retraining.htm>.

Personnel officials encourage all eligible NCOs to consider a special-duty assignment such as the recruiting field, military training instructor, first sergeant duty or professional military education instructor.

For more information, call Staff Sgt. Rickardo Garcia, personnel employments NCOIC, Airman 1st Class Quinn at 452-6256 or Master Sgt. Dan Beasley, 52nd Fighter Wing Career Assistance Adviser, at 452-7829. (Localized)

## NCO retraining program

The Air Force recently began the voluntary phase of its fiscal 2003 and 2004 non-commissioned officer retraining programs. The vulnerable career fields are:

- AFSC/Title/Grade
  - 1C6X1/space sys ops/E5/E6/E7
  - 1N2X1/signals intel production/E5/E6
  - 1T1X1/aircrew life support/E6
  - 2A0X1B/avionics test, heli and ACFT (may retrain OJT into 2A0X1A) /E5/E6
  - 2A571/aerospace maint/E6/E7
  - 2A6X2/aerosp ground equip/E6 (2AXXXX E5 and below is restricted to 1AXXXX OR 2AXXXX)/E7
  - 2E0X1/ground radar systems/E7
  - 2E1X4/visual imagery and intrusion/E6
  - 2E6X2/comm cable and ant sys/E5/E6/E7
  - 2M0X2/MSL and space sys maint/E6/E7
  - 2P0X1/precision measurement equip lab/E6
  - 2R1X1/maint production mgt/E6
  - 2S0X1/supply management/E6/E7
  - 2S0X2/supply systems analysis/E6/E7
  - 2T0X1/traffic mgt/E5/E6/E7
  - 2T370/veh and equip maint/E6/E7
  - 3A0X1/information management/E6/E7
  - 3C1X1/radio comm systems/E5/E6/E7
  - 3E0X1/electrical systems/E5/E6/E7
  - 3E1X1/heating, vent, A/C, and refriger/E5
  - 3E2X1/pavement and const equip/E5/E6/E7
  - 3E3X1/structural/E6
  - 3E4X1/utilities sys/E6/E7
  - 3E4X2/liquid fuel sys maint/E6
  - 3E4X3/environmental controls/ E7
  - 3E6X1/operations management/E6/E6
  - 3M0X1/services/E6/E7
  - 3P051/security forces (Restricted to 3P0X1A/B)/E5
  - 4A0X1/health services mgmt/E6
  - 4A1X1/medical material/E6
  - 4N051/aerospace medical service (Restricted to 4N0X1A/B)/E5
  - 4N071/aerospace medical service/E6/E7
  - 4N1X1/surgical service(Restricted to 4N1X1B,C,D)/E5/E6
  - 4N171/surgical service/E7
  - 4R0X1/diagnostic imaging (Restricted to 4R0X1A, B or C)/E5/E6
  - 4R071/diagnostic imaging/E7
  - 4Y071/dental asst/E6
  - 4Y072/dental lab/E6/E7

IACS

Continued from Page 1

Once the card or pass is scanned, gate guards review data, ensuring authenticity of the entry document.

The system identifies fraudulent ID cards, invalid driver’s licenses and vehicle registrations, Maj. Johnson said.

“If you lose your ID card, IACS ensures no one can access the base with it,” Tech. Sgt. Erskine said. “Of course, if you lose your card, you first have to report the incident to law enforcement so they can block your card in the system.”

Once installation is complete, people will be able to travel to other bases in Germany, both Army and Air Force, and have easy access to IACS-controlled gates,

Maj. Johnson said.

“All bases in Germany will eventually have this new system, so if you do not register in the system, you might not be able to get onto a base the next time you try,” Tech. Sgt. Erskine said.

Aside from ensuring stricter base access, IACS has other, less visible benefits.

“The system creates a permanent record of anyone entering the base,” Maj. Johnson said. “This could prove very helpful for criminal investigations.”

Overall “IACS is going to be an excellent force protection tool for the base,” Tech. Sgt. Erskine said.

For more information about the Installation Access Control System or base registration, call Tech. Sgt. Erskine at 452-6695.

Accidents

By John Keeler  
52nd Security Forces Squadron  
Reports and Analysis

Eighteen Team Eifel members experienced vehicle accidents in the past week, three of which were classified as major.

The first major accident occurred while traveling south on L-50 from Binsfeld toward Arenrath. Investigation revealed an airman lost control of her vehicle for unknown reasons. The airman’s vehicle struck the front end of an oncoming vehicle.

The airman was sent via helicopter to Trier Bruederhaus where she was treated for possible head injuries, a broken leg and a broken arm. The driver of the other vehicle was transported to Wittlich Krankenhaus to for minor scrapes and bruises. Both vehicles suffered disabling dam-

age and were towed from the scene. Local Polizei assumed the investigation.

The second accident happened on K-40 near L-39. The airman stated that as he negotiated a left hand turn, he lost control of his vehicle and came to a rest in a farmer’s field. There were no injuries. The vehicle sustained disabling damage to a panel and

the front axel was damaged. The vehicle was towed from the scene.

The third accident happened on L-141 while traveling toward Spangdahlem. An airman stated that her dog jumped in her lap, she lost control of her vehicle, and impacted the center median. There were no injuries. The vehicle sustained disabling damage and was towed from the scene.

The 15 minor accidents involved:

- Seven from inattentive driving.
- Three from backing.
- One from wildlife.
- Three for following too closely.
- One in a parking lot.

In addition, 13 citations were issued.



## Eifel Salutes

## 52nd Mission Support Group

Cock-a-doodle do give **Staff Sgt. Erin Yancey-Gardner** a salute for starting her stellar post-deployment processing at 5 a.m., allowing personnel to use their Contingency Appreciation Days to the fullest. Quick change! **Senior Airman Jeanette Huffman** ordered Change of Command invitation and itinerary materials on a moment's notice. Mock stars **Tech. Sgt. Dennis Bryant** and **Staff Sgt. Glenn Rameres** prepared for a meeting with the wing board by setting up an outstanding dry-run situation for personnel. Look here: **Staff Sgt. Hermann Schieder** prepared and painted two rooms which were used to expand patient services and comfort in the optometry clinic. Multi-talented **Staff Sgt. Karen Z. Silcott** and **Senior Airman George Wolfe** provide outstanding support to Team Eifel and were very deservedly selected for Multimedia Center NCO and airman of the quarter. Caesar may have feared the Ides, but we salute the "Prides of March" **Staff Sgt. Hilda Hauffman** and **Airman 1st Class Roosevelt Whitfield** who gave superb postal support at the Spangdahlem APO in March. The **Communications Squadron Network Security Shop** and all **wing work group managers** really made a connection, working long hours installing patches to all computers and keeping the network secure. "Wright on" to **Capt. Kerby Wright**, who waded through the finer details of warranty contracts and emerged with gold to help a fellow wing member get reimbursed. ...We're feeling all "dorm and fuzzy" for the Civil Engineer Squadron, Mission Support Squadron and Services Squadron dormitory. The airmen council leaders of 225 made dorm of the quarter happen: **Airmen 1st Class Steve Fagg, Kendall "Malibu" Cramer, Kris Brannon** and **Airman Kyle Bryan**. These council members also brought their hard work to the table: **Senior Airmen Gary "Frank" Daugherty** and **Brandy Beeman**; **Airmen 1st Class Megan "Midge" Tyndall, Brooke Guilbeaux, Jong Park, Edward Perez, Dan Schmidt, Steven Douglas, and Mitchell Corey**; **Airmen Kandi "Chef" Chaffee, Nick Adams** and **Kelly Francis**.

## 52nd Operations Group

No plans went awry for the wing weapons and tactics flight, which boasts the best support seen during combat mission planning. **Master Sgt. Leroy Moorrees** earns special recognition for his complete restructuring of the munitions program in minimal time.

## 52nd Maintenance Group

Good morning, Spangdahlem! During an AFN radio show, **Staff Sgt. Jason Melahn** and **Senior Airman Jayson Blackledge** offered knowledge of two aircraft maintenance specialties training and assignment opportunities. From the X-cellent files: **Senior Airman Erica Heskett** voluntarily completed a training course in addition to four software courses and worked weekends to develop a flight file plan that was previously non-existent. Being a clock watcher is a great thing for **Airman 1st Class Terry Wise**, who's been appointed as the element's time change monitor, which prepares fighter squadrons with all munitions to meet schedule changes. It's clear that **Staff Sgt. Jamie Trimnal and his team** used hard work and resourcefulness to replace a transparency in an A-10 canopy assembly, saving the wing more than \$110,000 in replacement cost. Supply and da man: **Jose Aguillon** identified discrepancies, which returned \$67,000 in assets back into the supply system.

## 52nd Medical Group

Exceptional is the **expeditionary medical office** who keep Team Eifel ready by ensuring all requirements are met. More than ready is **Senior Airman Taymi Moore** who tackled the challenge of the dental clinic reception desk in the absence of regular front desk personnel and flawlessly managed appointment scheduling for nine docs.

Totally tubular! When two patients needed specialized tubing for their pain control pumps, **medical logistics** researched a local source and arranged to procure them. This ensured the best post surgery care plan for the patients.

*Kudos to all, Team Eifel salutes you!*

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)

# Looking good, Spang!

## Base celebrates 50th anniversary in style

By **Staff Sgt. Elaine Aviles**  
52nd Wing Public Affairs

The 52nd Fighter Wing celebrates Spangdahlem Air Base's golden anniversary in style May 9 and 10.

"We have an awesome program planned for our base people, local community members and families," said Capt. Eduardo Quero, celebration coordinator.

The 50th anniversary festivities kick off May 9 with a formal retreat ceremony featuring an F-16CJ and an A-10 fly by. The ceremony takes place at 4 p.m. at the flagpoles by the wing headquarters building.

The wing then hosts an open house May 10 from 10:30 a.m. to 4 p.m in Hangar 1.

"This will be a great event for families," Capt. Quero said. "There will be plenty of activities and things to see for people of all ages."

Some of the planned activities include a bouncy castle, face painting, games, refreshments and special giveaways. The U.S. Air

Forces in Europe band will also be on hand to present its show, "100 Years of Flight." Additionally, each squadron will set up a static display to inform people about the various base missions.

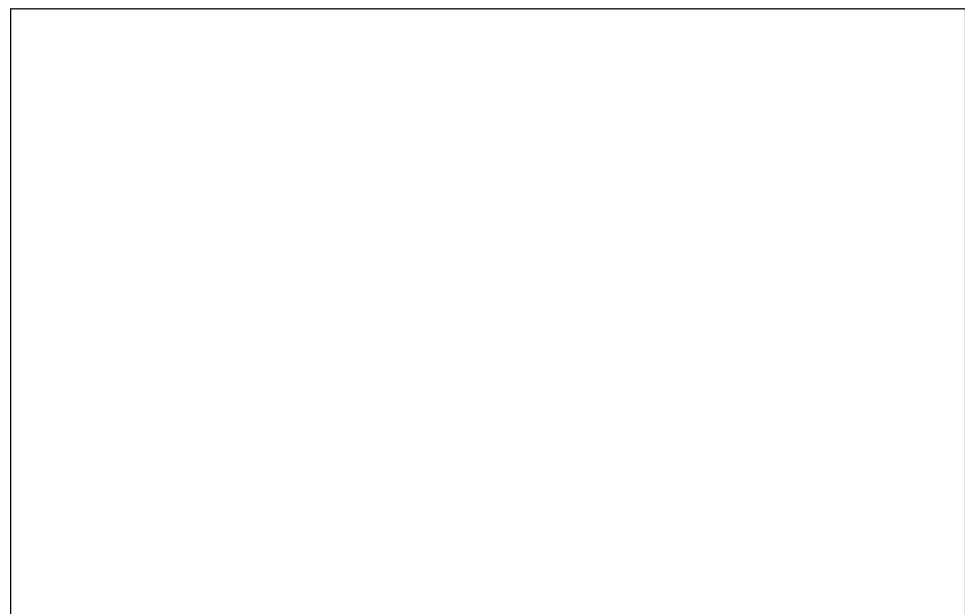
The First Sergeant's Council will also present a commemorative display featuring Spangdahlem's 50-year history.

The wing has invited more than 250 distinguished visitors, both military and civilian, to the events, along with the entire base community.

All U.S. and host nation ID cardholders are invited and can escort non-ID holders by signing them onto the base. Sponsors will be required to escort guests while on base.

"May 10th is an important milestone for our German and base community relations — everyone will remember this day for many years to come," Capt. Quero said.

For more information about the celebration, call Capt. Quero at 452-6162 or 1st Lt. Sean Carter, the publicity chair, at 452-9543.



Staff Sgt. Karen Z. Silcott

**Staff Sgt. Brian McCoy, 81st Fighter Squadron life support journeyman, is this week's Top Saber Performer.**

## Top Saber Performer

**Name:** Staff Sgt. Bryan McCoy  
**Unit:** 81st Fighter Squadron  
**Duty title:** Life Support journeyman  
**Hometown:** Whitehaven, Pa.  
**Years in Service:** 8 years, 2 months

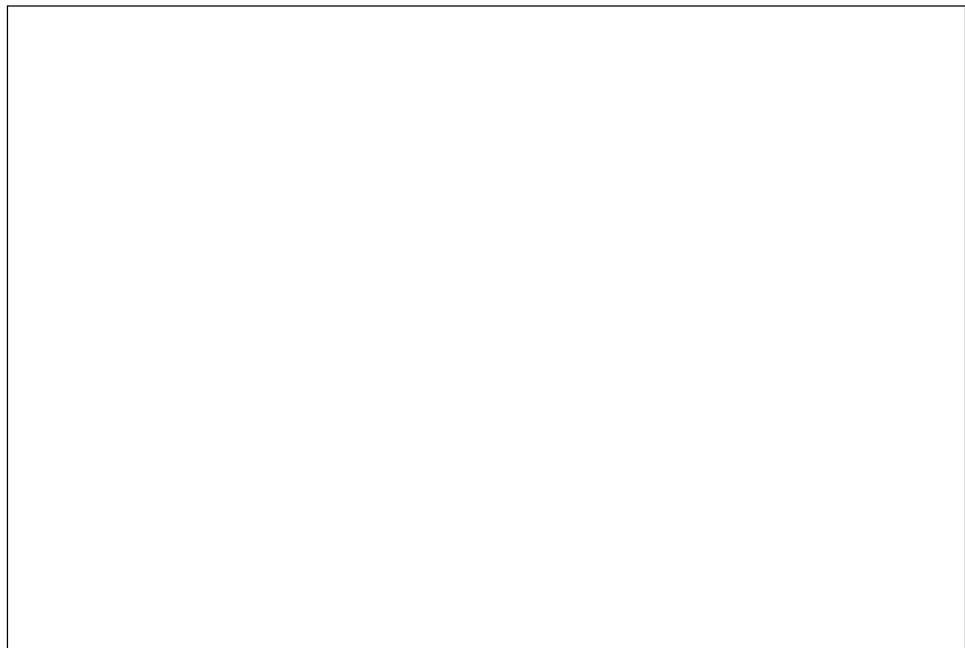
**Nominee's contributions to 52nd Fighter Wing mission success:** Staff Sgt. McCoy has played a critical role in preparing the squadron to deploy in support of Operation Iraqi Freedom by ensuring mobility pallets were properly packed for seamless life support operations from a remote operating location. He recently reorganized the section's night-vision goggle work area to provide life support technicians much needed work space.

**Off-duty volunteerism and professional development pursuits:** I am currently pursuing an associate degree with the University of Maryland in life sciences.

**What do you do for fun?** I enjoy traveling around Europe.

**What do you like most about being stationed here?** The close knit 81st Fighter Squadron "Panther" community.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** Improve the parking situation, especially at building 28.



Staff Sgt. Karen Z. Silcott

**Members of the 81st Fighter Squadron Life Support Section make up this week's Top Saber Team.**

## Top Saber Team

**Unit name:** 81st Fighter Squadron Life Support Section

**Unit responsibilities:** Maintains all life-saving equipment for 21 A/OA-10 aircraft and 40 pilots. It's responsible for initial and recurring egress, ejection, evasion and recovery, search and rescue, and emergency signal training.

**Number of members:** 10

**How does the team fit into the 52nd Fighter Wing's mission?** Life support ensures all A/OA-10 pilots are prepared to react properly to potentially life-threatening events. Training procedures include emergency exit of the aircraft on the ground, ejection and parachute landing procedures, evasion and escape in a hostile land or water environment, and the actions required to ensure a safe recovery by rescue forces. Because of their professionalism and achievements, the section contributed to the section being recognized as the U.S. Air Forces in Europe Outstanding Aircrew Life Support Unit for 2002.

# Wing officials announce IEA spending plan

## Recreation center and sports uniforms among future Team Eifel quality-of-life improvements

**Lt. Col. Tim Strawther**  
52nd Fighter Wing Director of Staff

The Air Force recently honored Team Eifel by naming it one of the top three installations in the service.

Two separate Installation Excellence Award review teams had the opportunity to see how the 52nd Fighter Wing makes its mission happen -- in all types of weather while preparing and deploying for combat operations. The accolade was based upon people, programs, and the way the wing accomplishes the mission within the constraints of base facilities.

While Spangdahlem Air Base didn't win the No. 1 spot -- and the top cash prize, wing members demonstrated the wing theme of "Team Eifel Ready" within every organization during the inspection visits. The following groups and individuals garnered special recognition:

- 470th Air Base Squadron
- 52nd Aircraft Maintenance Squadron
- 52nd Computer Systems Management
- 52nd Services Squadron community activities center, library program, outdoor recreation program, services readiness program, youth program and Eifel Lanes Bowling Center
- 52nd Dental Squadron dental bus
- 52nd Medical Group geographically

separated unit mobile medical program

- Maj. Michael Stevens, 52nd Medical Group
- Tech. Sgt. Sean Applegate, 52nd Services Squadron

Now, the fun part: The cash award for being named an IEA finalist is \$500,000. Combined with the remaining cash award from the 2001 IEA award, Team Eifel has \$900,000 to use for the benefit of its people.

After an exhaustive nomination, review and voting process base leaders have a plan to expeditiously spend the cash award so that those who directly contributed to this IEA award can enjoy the "fruits" of the effort. More than 300 nominations were whittled down into a list of 11 projects. On a related note, popular desires such as more parking, additional car wash facilities, and a Kid's Zone are being accomplished via other on-going means.

A special emphasis throughout the nomination process was taking care of dependents, increasing the quality of on-base activities and work place improvement. The list of funded projects reflects that theme.

For example, base pavilion improvements include covered recreation spots to allow people to continue outdoor activities even when they aren't under "mostly sunny" conditions.

### 'Excellence' projects in the works

More than 300 nominations were whittled down into the following list of projects. Also listed are representatives who are responsible for making the projects a reality.

The projects are:

- Base pavilion improvements, Keith Kellner
- Brick House for airmen, Eddie Mentzer
- Hardened aircraft shelter improvements on flightline, Tech. Sgt. John Murphy
- Batting cages, Mandy Baerman
- Bus shelter improvements, Keith Kellner
- Armed Force Network decoder for Jet Blast Inn, Tech. Sgt. Sean Applegate
- Honor guard uniforms, Tech. Sgt. Randall Reno
- Lap top computers at billeting, Master Sgt. Fred Ayers
- Coffee Mill improvements, Chaplain (Capt.) Glenn Gresham
- Intramural sport uniforms, Mandy Baerman
- Electrical transformers for loan, Keith Kellner

The Brick House will be located in the current community activity center as a place for airmen to relax in a contemporary games and leisure environment.

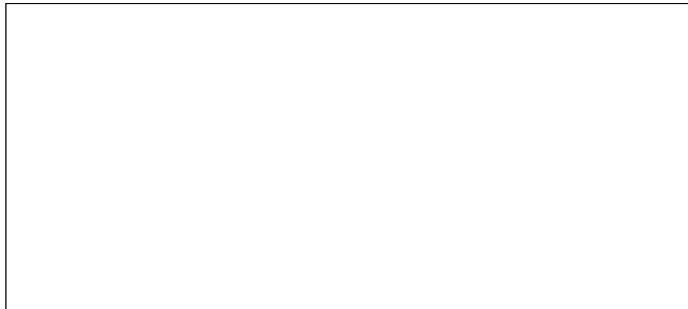
The Coffee Mill project will improve an already outstanding on-base activity and location.

More transformers means people can safely add to on- and off-base electronic requirements.

Everyone may not find a personal "No. 1" nomination, but after much discussion, and with input from every organization across the wing, most of the projects fell within the majority of favorites.

The Eifel Times will post IEA scorecards so Team Eifel members can track project progress.

Congratulations to every member of Team Eifel for helping make these projects possible.





## Community Mailbox

### World Day of Peace

For the third year, U.S. military members are invited to participate in the World Day of Peace ecumenical worship service taking place Thursday at 10 a.m. in the Trier cathedral. The 52nd Chapel Services provides bus transportation and lunch. Attire is service dress. Call the chapel at 452-6711 by Tuesday to reserve seats.

### CAC news

The chess club meets Saturday from noon to 3 p.m. in the community activities center. Call 452-7381 for details.

### Library news

The following events takes place in the Bitburg Annex Library unless otherwise noted. Call for 452-9056 for details.

■Children's storytime for children ages 2-5, each Wednesday at 9:30 a.m.

■The reading group discusses the book, "Girl in Hyacinth Blue," by Susan Vreeland May 27 at 7 p.m.

### Employment opportunities

A local job fair takes place Monday at the Spang Club from 11 a.m. to 2 p.m. Learn the facts on civil service employment. Briefings take place at 11:30 a.m. and 1 p.m. Call the Family Support Center at 452-9491 for details.

### School news

#### *National Teacher Day*

School officials encourage students and parents to show their appreciation to teachers Tuesday for their contributions to society. For more information call Laura Darden, Bitburg Elementary School, at 452-9215.

#### *Spangdahlem elementary*

■The last school board meeting of the year takes place May 15 at 6:30 p.m. in the school media center. Up for discussion is the lunch on campus policy.

#### *Bitburg middle*

■The 8th grade holds a rummage sale May 17. All proceeds benefit the 8th grade banquet taking place in June. Donations of unwanted items for the sale are accepted. Call 452-9310 for more information.

#### *Bitburg high*

■The Bitburg American High School Drama Club presents an evening of varied theater with their production of three one-act plays: "The Lottery," "Drucilla's Decision,"



Staff Sgt. Karen Z. Silcott

### 'Fir' the future

**Bitburg American High School student Justin Carnahan helps Col. Thomas Groznik, 52nd Fighter Wing vice commander, plant a fir tree on April 22 in celebration of Earth Week, which took place April 21-25. Brenda Colom's biology and environmental science classes joined forces with wing members to plant a variety of trees and shrubs around the school. In addition, the 52nd Civil Engineer Squadron sponsored a local stream clean up project. More than 40 Team Eifel members participated in the clean up.**

and "Trifles." Show times are May 9-10 at 7:30 p.m. and May 11 at 2 p.m. in the school cafeteria. The plays are free; donations are accepted at the door.

### Staying fit

The 52nd Aerospace Medicine Squadron Health and Wellness Center offers the following classes in Spangdahlem AB building 130. Call 452-9355 for details.

■Choosing the right shoe, Saturday from noon to 1 p.m.

■Jumpstart, Tuesday from 9-11 a.m.

■Women of Iron, Wednesday from 9 a.m. to noon

### Education services center news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

■The University of Oklahoma (OU) offers Masters of Human Relations Degrees at Spangdahlem AB. The program can be completed in 18 months without having to travel to other sites. Call Al Cannon, OU Site Manager, at 452-7555, or visit the OU office in Spangdahlem AB building 131, room 304.

■The University of Maryland College offers English 101 at the Bitburg Annex during the next term. The class is slated for

lunchtime from 11:30 a.m. to 12:45 p.m. For more information, contact UMUC field representatives at 452-6637.

### Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■Preseparation consultation, Monday at 8 a.m.

■Federal job search, Tuesday at 9 a.m.

■Predeployment briefing for active-duty and family members, Tuesday at 1 p.m.

■Resume writing, Wednesday at 5 p.m.

■Interview techniques, Thursday at 1:30 p.m.

■Financial planning, Thursday at 6 p.m.

■German classes take place each Monday and Wednesday for six weeks beginning May 12 from 6-8 p.m. Call to register.

The following workshops take place in Bitburg Annex building 2001. Call 452-6422 for details.

■Home buying, Tuesday at 6 p.m.

■Crossing borders, Wednesday at 6 p.m.

### Installation awards

The general installation awards meeting takes place May 14 at 6 p.m. at the Holzwurm in Gransdorf. Call Chris and Chuck Faull at

06565-933347 by May 10 or e-mail SSEMC2002@yahoo.com to make reservations.

### Veterinary news

The veterinary treatment facility takes care of military working dogs and provides vaccinations and health certificates for permanent changes of station and other routine pet care. Appointments are available each Tuesday, Wednesday and Friday from 9-11 a.m. and 2-4:30 p.m. The facility is closed each Thursday, on weekends and holidays. Call 452-9388 for details.

### Bringing pets to the U.S.

People moving stateside this summer may take most kinds of pets with them with proper planning. Endangered species laws prevent bringing back some turtles, birds and reptiles to the United States. Dogs must be free of disease and be vaccinated against rabies at least 30 days before they reach the U.S. Cats must show no signs of disease and a rabies vaccination is required in most states. For more information on shipping pets read the "Pets Wildlife" pamphlet available on the Customs Executive Agency Web site at [www.hqusar-eur.army.mil/opm/pets.htm](http://www.hqusar-eur.army.mil/opm/pets.htm).

### EDIS news

Infant and toddler developmental screenings take place the first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic at Spangdahlem AB, building 161. EDIS also offers screenings each second and fourth Monday from 9-11 a.m. in the Bitburg Annex Chapel. Call 452-8238 for details.

### Playgroups

A preschool playgroup meets each Thursday from 10 a.m. to noon in Spangdahlem AB military family housing building 409-C. Playgroups offer parents the opportunity to build a support network. Call Michele Linnen at 452-8288 for more information.

### Commissary news

■Eifel-region commissaries have changed their hours. The Bitburg Annex store is open Tuesday through Sunday from 10 a.m. to 7 p.m. The Spangdahlem AB store is open Monday through Friday from 10 a.m. to 7 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 4 p.m.

■The DeCA Web site at [www.commissaries.com](http://www.commissaries.com) offers commissary sales updates, online coupons, food facts, new product information and recipes.

### AAFES news

The Army, Air Force Exchange Service Web site at [www.aafes.com](http://www.aafes.com) offers employment information and sales updates.

## Der Markt

### *Free classifieds policy and submission deadlines*

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
you still have after using your  
chain of command.

Direct Lines of general  
interest will be published in the  
*Eifel Times* and may be edited or  
paraphrased for brevity or clarity.  
Submit your Direct Line via:

■DirectLine@spangdahlem.  
af.mil

■Mailed to 52nd FW/PA,  
Unit 3680 Box 220, APO AE  
09126

■To PA in building 23.

■Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
Eifel Times at 452-5244 for more  
information.

Sortie  
Scoreboard

Unit	Goal	Flown
22FS	58	94
23FS	70	45
81FS	79	83

Sorties flown  
April 21-27

(Courtesy of the 52nd Maintenance  
Squadron Plans and Scheduling Section)

# Viewpoint

May 2, 2003

Page 6

## From the field

# Operations put wing training to the test

By Lt. Col. Dale Larkin  
81st Fighter Squadron

If all goes well, many members of the 52nd  
Fighter Wing will soon be returning from  
Operation Iraqi Freedom. While much of the  
“combat” is over, there is still much work to be  
done for our deployed forces.

A testament to this is the fact that there are still  
troops departing from Spangdahlem Air Base to  
support the operations in the area of responsibility.

The returning individuals deserve the warmest  
welcome we can give them for their service in  
combating terrorism and freeing the Iraqi people.

Each and every deployed person made a signif-  
icant contribution to the success of these cam-  
paigns -- whether they flew sorties over Iraq, or  
performed some of the essential functions required  
to make those sorties happen. I was privileged to  
witness a number of members of this wing doing  
exactly that during my time setting up a deployed  
location in Turkey.

The 52nd Air Expeditionary Wing was prepar-  
ing a Turkish air base to support our operations in  
the “Northern Front” portion of the war on Iraq.  
As most people know, this never happened due to  
the Turkish government’s refusal to give us basing  
there. Despite their late refusal the people working  
there performed admirably to prepare the base for  
possible operations.

I was very impressed by the professionals we  
have working in this wing. Setting up a bare-base  
operation is one of the most difficult things imagi-  
nable; but the wing put together a veritable “A-  
Team” from all four groups on this base and was  
well on its way to pulling it off in grand style.

This team of professionals was drawn from career  
fields as diverse as civil engineering, communica-  
tions, transportation management, aircraft mainte-  
nance, air traffic control, services, finance, con-  
tracting, medical and more.

“The fact that we did not conduct  
combat operations out of Turkey  
is disappointing to many, myself  
included. It did, however, give a  
number of our personnel the  
chance to practice their wartime  
mission tasks.”

It was impressive to watch our young troops  
designing a base from the ground up, and watch-  
ing it slowly come into shape piece by piece.

Starting with a blank slate, they designed and  
began building a full-up base to support up to  
5,000 personnel; complete with all the amenities  
that we take for granted like phone lines, showers,  
bathrooms, dining, laundry and recreation facili-  
ties. All of these had to be considered in the final  
layout of the base, mostly being constructed from  
deployable kits that are already set aside for just  
such a need. “Harvest” kits are one such package  
that has easily constructed shelters to perform a  
variety of functions from living quarters to  
kitchens and showers to aircraft hangars.

The initial construction portion of the base con-  
sisted of putting up the first group of tents for gen-  
eral living space. The civil engineers did the hard

work, preparing the ground, laying out the precise  
location of each shelter, building wood floors for  
each tent and designating locations for the genera-  
tors and distribution system that would provide  
power to the tents.

Then came the volunteers. This is where the  
true character of Team Eifel came out. People  
from all career fields, ranks and units worked  
together to put up these tents. They could have sat  
back and let the CE folks do the work, as it was  
“their” job to do. Instead, there was an army of  
people working together to reach a common goal.  
We knew that on short notice we could very  
quickly have another 300-500 people arriving to  
support a mission, and so the tents needed to get  
up quickly. Teamwork and a sense of mission took  
over and made up for a lack of assets and person-  
nel.

The fact that we did not conduct combat opera-  
tions out of Turkey is disappointing to many,  
myself included. It did, however, give a number of  
our personnel the chance to practice their wartime  
mission tasks. It also gave me the confidence that  
the next time we need to conduct a bare-base oper-  
ation, I know our personnel are ready and able to  
conquer this challenge.

I would challenge each and every unit that was  
involved in operations over the past several  
months, to include the practice exercises leading  
up to the tactical evaluation, to pass on and institu-  
tionalize the lessons learned from these operations.  
Let’s be smart about being ready for any of these  
challenges the next time they come around --  
because they will!

## Memorial

# Taking Holocaust ‘to heart’ may be answer to ending human rights violations today

By Master Sgt. David A. Berry  
Jewish Lay Leader

Services are taking place all over the world,  
including Europe, commemorating the liberation of  
the Nazi concentration camps. As world leaders  
gather to remember victims of the camps, both liv-  
ing and dead, survivors gather to remember the  
lives and the loved ones they lost. To many people,  
the Holocaust is looked at as “Jewish” remem-  
brance, but it’s actually not. For though all Jews  
were victims, not all victims were Jews — they  
included the mentally ill and sick, crippled,  
Jehovah’s Witnesses, homosexuals, prisoners of  
war and others.

The Secretary of Defense encouraged the mili-  
tary services to create appropriate observances  
annually for the “Days of Remembrance  
Observance of all of the Victims of the Holocaust”  
beginning in 1984. In addition, the United States  
Holocaust Memorial Council designated a one-  
week period, each spring, encompassing a  
Holocaust Memorial Day. Observances by the mili-  
tary services usually take place during this time.

**Holocaust  
Remembrance  
memorial service**  
*Today at 10:30 a.m.*  
**Spangdahlem AB Chapel**  
The event includes a display of  
Holocaust memorabilia.

Yet, amid all of the world’s “remembering,”  
there are still human rights violations taking place  
in the world. From the conflict in the former  
Yugoslavia, to the recently removed regime in Iraq,  
human suffering and human rights violations still  
prevail.

What then shall we say? It seems to me that  
we’re only remembering with our minds and not  
our hearts. For if we were remembering with our  
hearts, we wouldn’t let these atrocities occur.

Our hearts call us to remember more than  
6 million men, women and children murdered in  
the death camps. Our hearts call us to remember  
hundreds of thousands of Jews, non-Jews, Gypsies,  
Jehovah’s Witnesses, physically and mentally ill,  
murdered in the death camps. Our hearts call us to  
remember the countless captured soldiers,  
American and ally, murdered in the death camps.  
Our hearts call us to remember the countless civil-  
ians murdered or made homeless, without mother  
or father because of this awful conflict. Our hearts  
call us to remember all of the innocent victims of  
the most recent 30 years’ events who lost all they  
had, even their lives, at the hands of heartless  
regimes. Our hearts call us to remember that we  
are a human family; that we are our brother’s keep-  
er; that we are responsible for one another.

Then we can say, remembering the Holocaust  
with our hearts and minds, being called to kind-  
ness, regardless of race, religion, or gender, we’ll  
never let such a horror happen ever again. The  
words of Elie Wiesel sum it up, “For the dead and  
the living, we must bear witness.”



Movies

All movies play at 7 p.m. unless indicated. More synopsis information is available at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

Bitburg Castle

Today  
*Dreamcatcher (R)*

Four young friends perform a heroic act, and in the process, are transformed forever by receiving special powers. Years later, the four reunite for a hunting trip in the Maine woods. The trip is soon interrupted by a stranger, and the friends must band together to battle a mysterious alien force as the future of the earth hangs in the balance. (Violence, gore and language.)

Saturday  
*How to Lose a Guy in 10 Days (PG-13)*

Andie’s on a mission to find a guy, get him to fall in love with her, then make all the classic dating mistakes so he’ll dump her within 10 days. Too bad her target is Benjamin, who has just made a high-stakes bet with his boss that he can make a woman fall in love with him in 10 days. (Sexual material.)

Sunday  
*Dreamcatcher*

Closed Monday and Tuesday

Wednesday  
*Adaptation (R)*

Out of sheer desperation, a writer decides to insert himself into the screenplay he’s struggling to adapt. But soon, reality and fiction begin to overlap in unexpected ways. (Language, sexuality, drug use and violence.)

Thursday  
*Dark Blue (R)*

Fearred on the streets of L.A., Veteran Officer Perry and Rookie Officer Keough of the elite Special Investigations Squad investigate a high-profile homicide. Officer Perry is feared on the streets and Officer Keough soon learns that cops aren’t above the law, but sometimes they operate outside it. (Violence, language and sexuality.)

Spangdahlem Skyline

Today  
*The Core (PG-13)*

Geophysicist Dr. Josh Keyes discovers that an unknown force has caused the earth’s inner core to stop rotating. Keyes, along with a team of the world’s most gifted scientists, travel into the earth’s core. Their mission: detonate a device that will reactivate the core. (Thematic material and language.)

*Deliver Us From Eva (R, 10 p.m.)*

Hardened by her parents’ deaths, Eva gives up her dreams to provide for her three sisters. The sisters honor Eva’s decision, often at the expense of their men. (Sexual material.)

Saturday  
*The Jungle Book 2 (G)*

Mowgli gets restless and decides to return to jungle life, but his old nemesis, Shere Khan, is out for revenge.

*Adaptation (10 p.m.)*

Sunday  
*The Jungle Book 2 (4 p.m.)*

*The Core*

Monday  
The Core

Tuesday  
*Deliver Us From Eva*

Closed Wednesday and Thursday

Times and movies are subject to change.  
For the most current information,  
call 452-9441.

A craftsman shows examples of perfectly cut gemstones to visitors of the Weiherschleife, or gem-cutting center in Idar-Oberstein, Germany.

Staff Sgt. Jennifer Lindsey

Idar-Oberstein rocks!  
Gem-of-a-town offers geology activities for the whole family

By Iris Reiff  
52nd Fighter Wing Public Affairs Office

On the southern edge of the Rhineland Schiefergebirge and the sandstone uplands of the northern Palatinate lies Germany’s gem-of-a-town, Idar-Oberstein. The small town of 40,000 people supports a specialized industry, the first and only diamond and gem exchange in the world.

Organizations including the Institute for Gem Research, the German Gemological Society and Gem Testing Institute, have made Idar-Oberstein the European center of gem and diamond processing and one of Germany’s leading jewelry towns.

The German Gem Museum features a display of every type of gem in the world, in the rough and the polished state. There, people learn about goldsmithing, explore caves ribboned with veins of precious stones and learn about the art of shaping precious stones at the gem-cutting center. Some of the old cutting works are still

operated by old-fashioned water wheels.

Idar-Oberstein’s most common minerals include crystals, amethysts, opals, rubies, emeralds, topaz and diamonds. Many of the gems are still found in the area of a former volcanic zone.

Gem-hunters visit Idar-Oberstein year-round to search for agate, jasper, chalcedony and amethyst in hillside fields and cliff walls. Access to gem-bearing areas is only available with the permission of the tenant or owner. Families looking for a more relaxing and educational day out can safely wander the trails of the old stone-miners. A forest trail leads hikers past more than 30 tunnels, which snake throughout the mountain, forming an extensive labyrinth.

The Steinkaulenberg is a monument to the strength and determination of the early miners, to which Idar-Oberstein owes its existence. For a small fee, mineral collectors can dig for treasure in areas especially set aside for the amateur gem-hunter.

Idar-Oberstein is perfect for jewelry shopping, tourist stops and entertainment.

Visitors can admire picturesque old houses while hiking through the valley or stroll through the town’s marketplaces.

Few visitors can resist the attraction of the Church in the Rock. This town symbol was built in 1484. Those who step up to the challenge of making the steep ascent to the church are rewarded with an unobstructed town view and a sneak peek at the treasures housed inside the sanctuary.

High above Idar-Oberstein stands two castles -- the Old Castle on the Church Rock dating back to 1197, and the New Castle, which was built around 1330. A wooded parking area containing many rare trees surrounds the two fortresses. The cliff path leading to the castles offers splendid views of the heart of the town.

Scenery, rocky cliffs, hidden caves, isolated castles and winding footpaths make the Idar-Oberstein area a “brilliant” place for hiking as well as gem-hunting.

Out and About

(Editor’s note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 0651-14599-30, the Trier Tourist Information Office at 0651-9780822 or the Trier Ticket Service at 0651-9941188, unless specified otherwise.)

■The 6th Annual Zeltingen Mosel Wine Days festival takes

place today through Sunday in Zeltingen. More than 15 vintners present wines, music and entertainment. For more information, about this event call the Zeltingen tourist office at 06532-2404.

■A trade market takes place Sunday in Speicher’s town center. Local businesses present their services and merchandise at the event.

■The 1st Wine and Gourmet Fest International takes place now through May 15 throughout

the Mosel valley. Vinters and cooks from Germany and Luxembourg present regional specialties at the event. A special wine presentation takes place May 24-25 at the Trier Roman Thermen museum. For tickets, call 0651-7102815 or visit [www.wein-gourmetfestival.com](http://www.wein-gourmetfestival.com).

■Flea markets take place Sunday on Trier-West Hornstrasse, inside and outside the Kroev hall, near the Schloss Weilerbach Palace and in the center of Stadtkyll.

■A car-free bicycling day takes place May 18 between Konz and Merzig.

■The Dany Schwickerath Trio performs jazz music May 22 in the Trier Tuchfabrik cultural center. For tickets, call the Trierischer Volksfreund press center at 0651-1459930.

■Reserve tickets now for a jazz festival taking place near the Trier Dom cathedral jazz festival June 7-8. Call the Trierischer Volksfreund press center at 0651-1459930 for tickets.

### In the game

Senior Airman Brandon High, Spangdahlem Intramural Women's Volleyball team coach, hits the ball over to Airman 1st Class Maria Pollano, black shirt, as Capt. Heidi Staub, foreground, stands ready for her shot at the ball April 24. Intramural indoor volleyball matches take place each Tuesday and Wednesday from 6-9 p.m. now through May 20 in the Spangdahlem Air Base fitness center. Team Eifel members are encouraged to come out and cheer on their favorite team.

Staff Sgt Karen Z. Silcott

## Barons vigilant in personal bests

### Greenwald nears European track and field qualifying standards

By Geary Schwartz  
Bitburg High School track coach

The Bitburg High School Track team continued its assault on setting personal records April 26, in a six-team track competition hosted by Mannhein High School. Jessica Greenwald set four new personal records for the second competition in a row, inching closer to the European qualifying standards in all four events. Greenwald earned gold in the 100-meter hurdles (20 seconds), 3rd place in both the 100-meter run (0:15) and 300-meter low hurdles (1 minute), and 6th place in the long jump (12 feet, 5 inches).

Carletta Hernandez also scored in four events and set one "PBR." Hernandez earned double silver in the shot put (29 feet, 2 inches) and 200-meter run (0:34:7), 4th place in the discus (her personal record, 64 feet, 11 inches), and 6th place in the 100-run (0:16).

Lance Hoffman led the boy's team effort, scoring team points in three events. Hoffman placed 4th in the long jump competition, covering 17 feet, 8.5 inches, an improvement from his previous best by 2 feet. Hoffman also placed 4th in 200-meter run (0:26:2) and 6th in the 100-meter run (0:12:4). All of Hoffman's efforts were personal best records.

Chris Eubanks placed first in the discus (125 feet, 8 inches) and second in the shot put (44 feet, 3 inches) to round out the day's efforts. Eubanks had a potential winning toss of 48 feet and one outside the legal boundary.

The coaching staff is very pleased with progress, attitude, and dedication the athletes have demonstrated this season. With the European Championship track meet just three weeks away, the coaches plan to increase the practice regimen in order to ensure continued success and European qualifying performances. This week Bitburg travels to SHAPE.

## Softball teams dust off gloves for another hard-hitting season

By Tech. Sgt. Brian Doyle  
Men's varsity softball coach

Spangdahlem Air Base's men's and women's varsity softball teams prepare for another exciting season of softball. With the team's long-time coach Rick Aldridge retired, Brian Doyle will double his coaching duties by taking on both the men's and women's teams.

### Lady Sabers

Of the sixteen players on the Lady Saber roster, only four returned from last season, Sarena Paulson, Kelly Young, Michele Bolanos and Shella Duque-Daffern. In an attempt to win back their 2001 major command title, the Ladies have honed their offensive and inter-squad scrimages to prove the Ladies are on the ball. Other team members include Dustie Gonzalez, Kenna Jett, Tracy Davis, Karyn Kazimer, Veronica Jaworski, Angela Campbell, Cynthia Tejeda, Shawn Horges, Meghan Fitzgibbon, Rebecca Allen, Erica Erb and Ana Alvarez.

### Sabers

For the defending 2002 U.S. Air Forces in Europe champion, the Sabers return ten members of their title team a year ago. These players epitomized what a team is all about — each of the guys played such significant roles last year, that I believe that without even just one of them, we might not have won the title. Returning from the 35-win, 10-losses campaign are Clifford Gonzalez, Lloyd Oxford, Jeremy Rock, A.J. Oldfather, Carlos Messer, Ambrose Brewer, Terrence Vinson, Ray Delgado, and Jeff Dahlke. This year's squad still relies on USAFE's most powerful batting line-up, and has improved its overall defensive and added some key plays. Team newcomers are Patrick Boot, Derek Gerske, Woodrow Wilson, Arturo Tejeda, Shane Andrlík, Chad Jett and Brian Whelan.

Both teams begin league play Saturday with the first major European tournament at Kaiserslautern Memorial Day weekend.

## Sports Shorts

### Fitness center news

The following activities take place at the Spangdahlem Air Base fitness center. Call 452-6496 or 452-6634 for details or to register.

■The basketball court is closed Monday through Thursday from 3:30-5:30 p.m. for intramural volleyball practice. The courts are open all day Friday and Saturday from noon to 3 p.m. for free court time.

■Belaying classes to use the fitness center climbing wall take place each Tuesday from 5-8 p.m. and each Thursday from noon to 3 p.m. at outdoor recreation, in building 146. Classes are limited in size and cost \$10 for adults. Classes are free for youth up to age 18. Call 452-7170 to register.

■Aerobic classes take place the following days and times:

Interval training -- Monday at 6 a.m.

Legs, arms and butt -- Monday at 9 a.m., Tuesday and Friday at 6 a.m. and Wednesday at 5:30 p.m.

Step -- Monday at 11:30 a.m. and Wednesday at 9 a.m.

Pump -- Monday at 5:30 p.m. and Wednesday at 11:30 a.m.

### ODP soccer

The Benelux district has opened the doors for Olympic Development Program soccer, a program that selects only the most skilled players for a shot to play on the U.S. National team. Students interested in playing OPD soccer can call Wendy Richter at 06561-945719.

### Bodybuilding

The Ultrabodies IV bodybuilding contest takes place June 20-21 at Royal Air Force Mildenhall, England. Entry deadline is June 1. Call Laura Dickey at DSN 238-2349 for more information.

### Bowling

Color pin bowling, each Friday at 6 p.m. Participants win prizes when they bowl a strike on special pins. Glo-bowling takes place each Saturday at 6 p.m. Eifel Lanes Bowling Center is located in Spangdahlem Air Base building 300. Call the center at 452-6217 for more information.

## Can't sleep?

According to Maj. James Laswell and Master Sgt. Darryl Swartz of the 52nd Aerospace Medicine Squadron Aerospace Physiology and Human Factors Flight, people can battle the bedtime blahs by simply breaking some negative behavior patterns. The next time wing members find themselves counting sheep, they may want to consider counting on the following tips from the sleep professionals instead:

### Sleep strategies 101

■**Get moving:** It may sound odd that exercise can actually induce sleep, but morning or afternoon workouts can help, however, heavy exercise within four hours of bedtime can have an opposite effect. Light exercise, such as a leisurely walk is okay.

■**Eat:** Hunger pangs can disturb blissful slumber. Try eating light carbohydrates before bedtime. Warm milk contains natural sleep aids. Avoid caffeine or alcohol.

■**Get in a rut:** Develop pre-sleep rituals, such as reading or taking a warm bath to get the body ready for snoozing.